Kind
A mindfulness zine for non-humans
By Sleep Dies

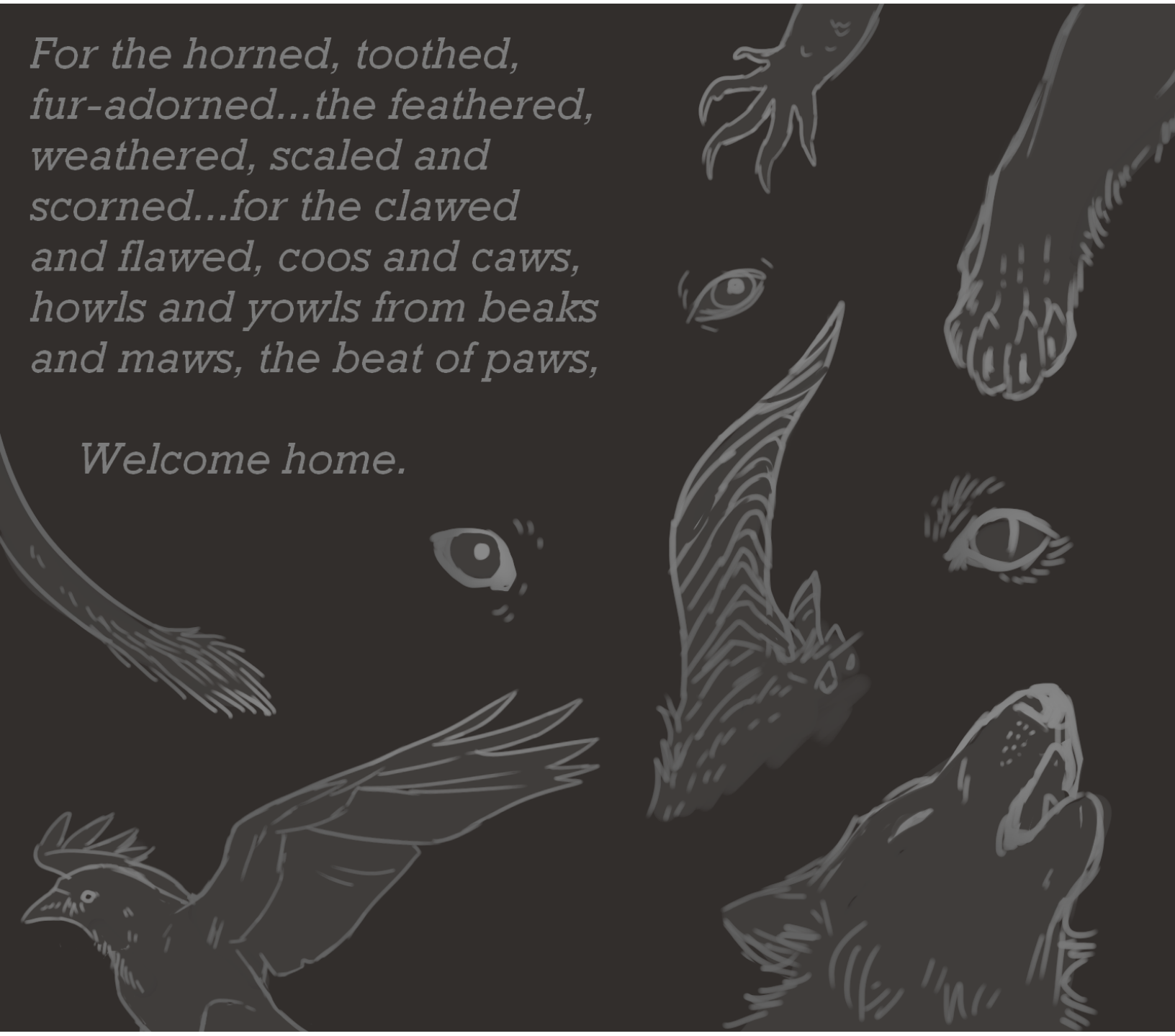
PREFACE:

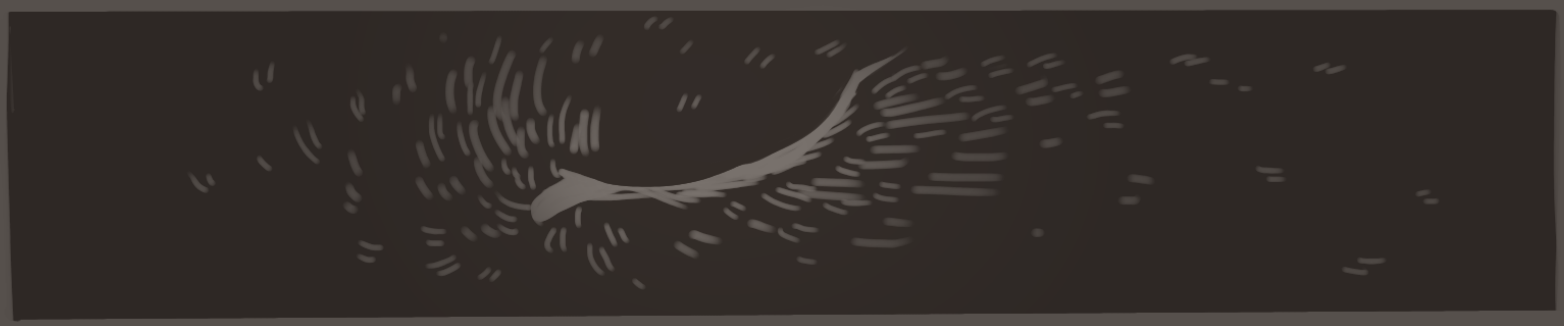
This zine is mostly focused on kinds that are animal or animal adjacent in nature. Being an animal myself, it's something I can connect with and relate to!

For folks who fall outside of that range however, you're just as important and deserving of respect and comfort.

In addition, I use words such as 'people' in a manner that is not exclusive to humans. Keep that in mind please!

To note, this zine is focused on comfort and self reflection.


For the horned, toothed,
fur-adorned...the feathered,
weathered, scaled and
scorned...for the clawed
and flawed, coos and caws,
howls and yowls from beaks
and maws, the beat of paws,
Welcome home.



Close Your Eyes

Don't worry, it's safe here.
Just trust this moment, for a moment.
Dwell in it, feel the breath enter you, feel it depart.
Maybe it fills the space within your muzzle, your snout, your beak.

Taste the air, as well.
What flavor does it bear?
Does it wear a scent? A texture? A feeling? A memory?
There are so many places this air has been, and will be, and is right now.
A you from far before has exhaled the same atmosphere you're inspiring, and a you, in time, will, too.

• *What things about your kind do you enjoy?* •

Consider things that make you happy, euphoric, or grateful.

This can be nearly anything, from noises to instincts to what you eat and where you hail from

There are many wonderful things you've discovered so far, and many more to explore.

However it is that your kind smiles, laughs, or expresses joy, let it wash over you!

NOISES

Time to make some noise!

Find somewhere you are comfortable making noises,
or surround yourself with a comfortable, muffling blanket.

Let the sounds come to you, let them exit your throat.

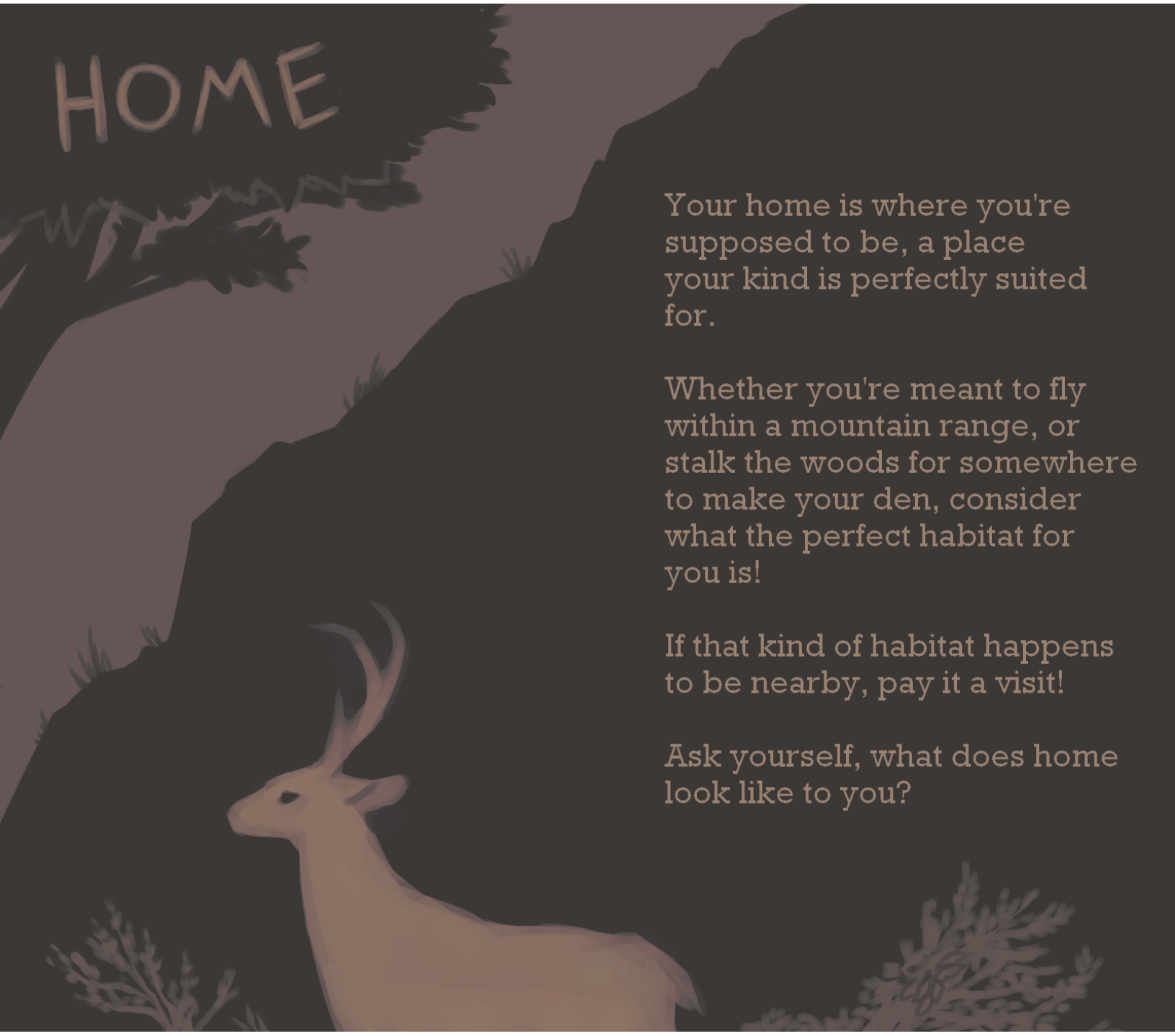
It's a lovely thing, don't worry about how you sound.
Just relax, and let it all out.

Be it a purr, a chuffle, a grumble, a rumble or a roar,
a shriek, a squawk, a trill, a chatter,
a bark, a mew, a whistle, a howl...

...It's your noise to make!

Take a Walk!

Some goals for you:
- Imagine yourself moving in a way that feels right, adjust how you walk to be closer!
- Really take in your environment! Smell, hear, and see everything you can.
- Try to count how many things of a kind you come across, like certain colors of rocks, uncommon plants, funny looking trees, mushrooms, plants growing out of the sidewalk, manholes, drains...it can be anything!
- Imagine your ideal territory, and that you're walking in it.
- Have fun!



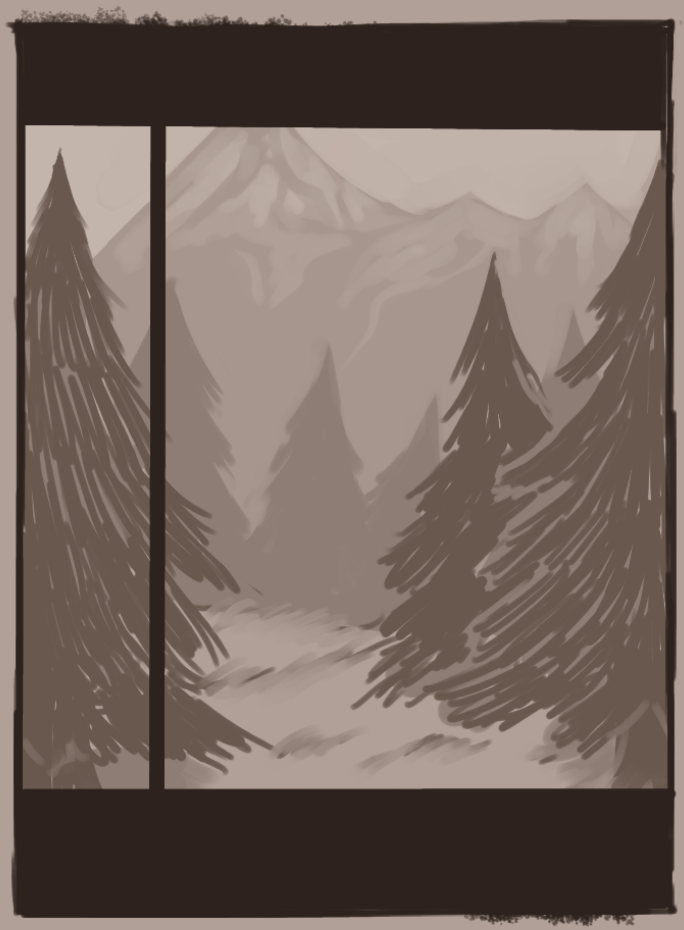
Your home is where you're supposed to be, a place your kind is perfectly suited for.

Whether you're meant to fly within a mountain range, or stalk the woods for somewhere to make your den, consider what the perfect habitat for you is!

If that kind of habitat happens to be nearby, pay it a visit!

Ask yourself, what does home look like to you?

Running



Look out the window

1. Take in the sight before you, be it urban, forested, scenic...
2. Take a deep breath, then release.
3. Something inside you longs to run wild, to fly free.
4. Don't catch it.
5. Let it run.
6. Run with it.
7. Run AS it.
8. Let your mind wander and-

9. RUN

HUNT

For those of you who are carnivorous, omnivorous, picivorous, etc., this page is for you!

Content Warning for animal death. If your prey drive makes you uncomfortable, that's okay! You are valid. The next page may appeal to you more than this one!

Some activities for hunters and scavengers like you:

- Consider your ideal prey, how would you hunt it?
- See if you can find images of your prey that look tasty
- Find some instructional butchering/fileting videos! (to your comfort level, of course)
- If your prey is something you can feasibly make for a meal, create a dish involving it!
- If your kind is earthen, see if there are videos of your kind hunting, scavenging, or stalking prey

GATHER

If you are a herbivore, an omnivore, or anything that doesn't eat meat, this page is for you!

Some activities for grazers and foragers like you:

- Consider your ideal diet, what would you eat?
- See if you can find images of your food source that looks tasty
- Find some harvesting/collecting/foraging videos!
- If your food source is something you can feasibly make for a meal, create a dish involving it!
- If your kind is earthen, see if there are videos of your kind grazing, foraging, or seeking out food

STRETCH

Have yourself a good stretch!

If you experience phantom limbs,
try your best to stretch those as well.
Focus on how they feel, and have fun
imagining how your kind would stretch.
See if you can emulate it!

Just make sure to stay safe,
and don't strain anything in
the process!

Music & Ambience

Create a playlist of songs and ambience tracks
that make you feel at home, or give you kin feels!

Suggestions:
- Ambience -- forest, rain, waves, whalesong,
thunder, desert, cave, river, ocean,
birdsong or insect noises (depending on region),
wind, fire crackling

- Music -- Game soundtracks, orchestral pieces,
instrumentals, lyrics that relate, songs that make
you feel right, songs that include animal sounds,
songs about your kind, songs titled after your kind

DRAW/WRITE YOURSELF!

For this activity, you do not need to excel at or be proficient in writing or drawing, it's just for fun!

1. Decide on how you'll depict yourself. A description? An action? A story? The subject matter of the illustration or prose is up to you.

2. Create it! Draw or write (or both!) until you are satisfied.

3. If you feel comfortable and safe doing so, consider sharing this piece with a person or people you trust! Maybe it will inspire them to try something similar! :)

GAMING

Find a game that lets you play as your kind, or something close to it!

Whether it's a roleplaying game, a tabletop game, a self-journaling game, an exploration game, a simulator, or even just a game that lets you customize your character or sprite, seek it out and give yourself time to play it!

Thank you for reading!